

## STORE IN A COOL, DRY PLACE.

**Recommendations:** As a dietary supplement, take 1 capsule daily, with a meal.

**Warning:** If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Metafolin<sup>®</sup> is a registered trademark of Merck KGaA, Darmstadt, Germany.

Keep out of the reach of children.



Use only if safety seal is intact.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.



Certified Gluten-Free by the Gluten-Free Certification Organization, [www.gluten.org](http://www.gluten.org)

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# B<sub>6</sub> Complex

With Metafolin<sup>®</sup> L-5-MTHF;  
Broad-spectrum B vitamin support  
with enhanced vitamin B<sub>6</sub><sup>†</sup>

Gluten-free, Non-GMO  
& Hypoallergenic

Dietary Supplement

120 CAPSULES

## Supplement Facts

Serving size 1 capsule  
Servings per container 120

	Amount Per Serving	%DV
Thiamin (as thiamin HCl) (B <sub>1</sub> )	100 mg	8,333%
Riboflavin (as vitamin B <sub>2</sub> and 67% riboflavin 5'-phosphate (activated B <sub>2</sub> ))	15 mg	1,154%
Niacin (as niacinamide and 9% inositol hexaniacinat (no-flush niacin))	110 mg	688%
Vitamin B <sub>6</sub> (as pyridoxine HCl and 5% pyridoxal 5'-phosphate (activated B <sub>6</sub> ))	200 mg	11,765%
Folate (as Metafolin <sup>®</sup> , L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)	167%
Vitamin B <sub>12</sub> (as methylcobalamin, 30% adenosylcobalamin and 30% hydroxycobalamin HCl)	1,000 mcg	41,667%
Biotin	400 mcg	1,333%
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	100 mg	2,000%
Choline (as choline bitartrate)	12 mg	2%
Inositol	25 mg	*

\* Daily value (DV) not established

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Natural color variations can occur. Product can range from light yellow to bright yellow.

**†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

manufactured by: **Pure Encapsulations**  
490 Boston Post Road, Sudbury, MA

1-800-753-2277 [www.PureEncapsulations.com](http://www.PureEncapsulations.com)

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